

# Increasing Our Inner Peace

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Volume 5

Number 9

September 2018



Ah, the summer is ending and fall is beginning. I can hear faint groans of disappointment in the distance. To balance that reaction, we also know that whenever something ends something else begins.

We know it's a new time but what if we don't know what it has in store for us? How often do we have questions and have no answers? How do we maintain an inner sense of peace when our answer is "I don't know"? Not knowing the answer is a major test of our faith in Life and its positive outcomes. We can't know what's ahead of us but we can believe that something good will come from it.

Recently my charming old wall clock stopped working. As I took it down and knew it couldn't be repaired, I knew I needed to purchase a new

one. The new clock I bought is larger than the charming one I had. It has no scene in the background, only clear easy-to-read numbers. Then it dawned on me that this change was signaling a new time in my life. I still don't quite know what it means except that I know that, like my new clock, I am to keep things simple and clear. Now, like all of us, I must wait patiently and with faith in the Positive for the information to be revealed.

We know that every sunrise heralds a new day, a new beginning,. The more carefully we look, the more we notice there is something different about each day. Even though the months and seasons repeat themselves in an endless cycle, each day, each month, each season has something unique. We have certainly observed that with the change in temperatures and weather everywhere. The question remains, What is new and different in this day, this month, and inside ourselves? If our reactions to situations or people are different than they were, that too, is a sign of a new time. When situations or people are upsetting, can we hold onto a sense of calm that helps us maintain our Inner Peace?

We know that Change is the only constant in Life. It is our reaction to Change that defines our Inner Peace. The practice of believing there is something positive in all that's happening is our ongoing path to Inner Peace.

This poem written by the late Yvonne Youst and myself reminds us of our ongoing choice. It is one of my mantras.

Each dawn will show  
two roads to take.  
The joyful one's  
a choice we make.

Happy peace-filled September!

With Love and Light From Your Fellow Student of Life, and Friend,  
*Susan*

PS. Please share this newsletter with anyone who would benefit from it.  
Photo by Susan J. Ackerman